

Personal Perspectives on Alzheimer’s Disease in Morocco

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Background

Alzheimer’s disease is a fatal disease where symptoms, such as memory loss and behavior changes, are caused by beta-amyloid plaques and tau tangles in the brain that lead to malfunction and death of brain cells¹.

Research Questions

1. What type of support resources are available to family caregivers of people with Alzheimer’s disease in Morocco?
2. What are the main concerns of caregivers for people with Alzheimer’s in Morocco?



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Methods

In-country library research, a site visit, and three semi-structured interviews were conducted.

Results

Table 1. Medication information obtained through library research² and interviews.

Medication Class	Medication Name	Availability: Yes	Availability: No
Cognition Enhancement	Donepezil	Tablet	
	Rivastigmine	Patches	Tablets
	Galantamine		All forms
Behavioral Management	Memantine		All forms

Support centers

1. Le Centre social pour personnes âgées à Rabat (Rabat)
2. Le Centre d’accueil de jour des malades d’Alzheimer (Rabat)
3. L’Association Espoir Maroc Alzheimer (Marrakech)
4. Le Centre Pilote Alzheimer d’Essaouira (Essaouira)

★ = Denotes location of a support center

Interview results

Two out of three interview participants indicated:

- that acute conditions are considered a higher national priority than Alzheimer’s disease
- that caregivers face stress from the changing severity of symptoms over time



Photo by Hailey Stoos-Mohan

Discussion

- Results of this study can be useful for educating healthcare providers in the US who may treat patients from Morocco.
- Future research may examine the effectiveness of these four support centers.

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References

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